



44 Curran Street, Herne Bay
Auckland, 1011 New Zealand
[t] (09) 376 3568
[f] 09 376 2931
[w] www.ponsprim.school.nz
Mr SANJAY RAMA principal

Years 4, 5 & 6 Cross Country 2023

Grey Lynn Park

Wednesday 10th May 2023

Wednesday 26th April 2023

Dear Parents,

This year we will be holding the year 4, 5 & 6 cross country at Grey Lynn Park on Wednesday the 10th of May. A map of both the Year 4 and Year 5 & 6 courses can be found on the back side of this letter and will also be put on the school website.

The children will walk through the course when they arrive at approximately 9.30am and we will begin the events shortly after. Please note that the ages for the Year 5 & 6 races will be based on the child's age as of the 18th of May 2023, as this is the date the Inner City Cross Country event will be held.

Order of events:

- Year 4 girls
- Year 4 boys
- 9 year old girls
- 9 year old boys
- 10+ year girls
- 10+ year boys

Throughout the first few weeks of this term, we will practise during school hours on our school course to build stamina and confidence as part of our fitness programme. We will practise on Mondays, Wednesdays and Fridays, so please ensure your child has appropriate footwear for running on these days.

If possible, it would also be beneficial for the children if you could take them down to Grey Lynn Park to practise the course in their free time prior to the event.

We also require parent help for marshalling around the course on the day. If you are able to help please email Mr Connor at aconnor@ponsprim.school.nz

Thank you,
Arran Connor

Year 4-6 Cross Country, Grey Lynn Park: Map



Year 4

The Year 4 course is approximately 1.5km long and is represented by the blue dotted line on the map above, beginning at the green arrow. The Year 4 course does not include the Rose Road loop and does not include a second lap of the bottom field. The finish line is represented by the stop sign above.

Year 5 & 6

The Year 5 & 6 course is approximately 3km and is represented by the solid red and yellow lines on the map above, beginning at the green arrow. The Year 5 & 6 course includes a loop that takes them to Rose Road. This course also includes a second lap of the bottom field (represented by the yellow line) before returning to the finishing area (represented by the stop sign).